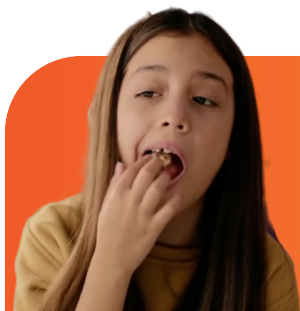


WHY NOT EAT TREES?

WOULD YOU BE ABLE TO TELL IF AN INEDIBLE INGREDIENT WAS ADDED TO YOUR FOOD?

Some are relatively benign, such as sawdust in rice crispy treats. But some slowly poison the body and health, such as highly inflammatory and biologically destructive industrial oils.



In an experiment, up to 15% of a rice crispy treat could be mixed with sawdust before most people knew. Could you tell the difference?



VEGETABLE OIL REFINERY



GRASS FED CATTLE

Do you know which vegetable oils and seed oils to avoid like poison? And which are perfectly fine, and even healthy in moderation? Armed with knowledge from the honest science, and taking a little time to read ingredient labels, can save you and your loved ones needless sickness, suffering and medical expenses.

Really? These fats are the same?



**\$100 BILLION
INDUSTRY**

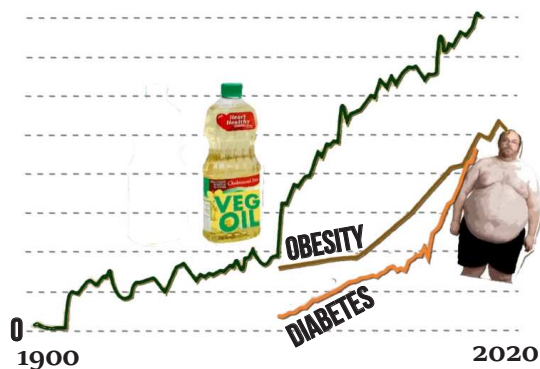


DEODORIZATION
260C° = 500°F

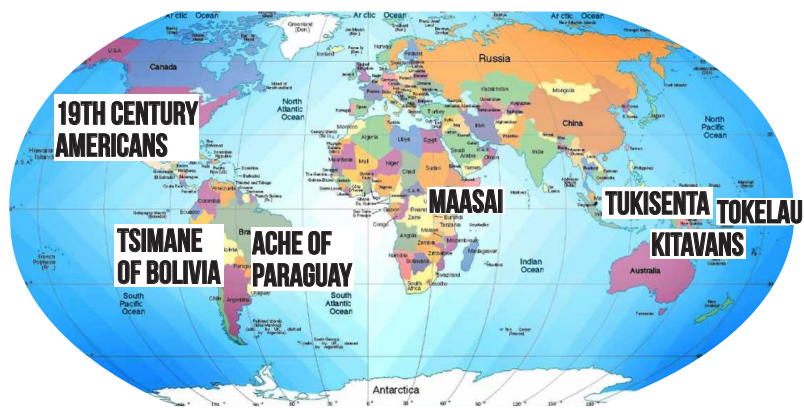
Some very cheap oils go through intense chemical and high heat processes in industrial refineries very akin to petroleum refineries, to make them quasi-edible and not reeking of oxidized rancidity.



Vegetable oils are used with abandon at home, in restaurants, and in processed foods. But do you know which ones are shown to be highly toxic?



As consumption of very high omega 6 vegetable oils exploded, replacing more traditional fat and oil sources, so did the rates of obesity, diabetes, and a raft of other modern civilizational diseases never really seen before.



Secluded populations around the world eat vastly different diets, some high in fat, some in carbs or protein, yet they share two things in common:

- 01 After in depth evaluations of these peoples, modern civilizational diseases were found to be virtually nonexistent, like obesity, hyper- and hypo- glycemia, diabetes, gout, heart disease, hypertension, cancers, dementia, fatty liver, and macular degeneration.
- 02 They avoid highly processed vegetable oils so that their daily caloric intake of omega 6 fatty acids remains under 2%--guess what the typical American's is?

- As examples, the Maasai Tribe daily caloric intake is typically found to be comprised of about 66% animal fat (up to 45% of that being saturated fat), 17% carbs, and only 1.7% omega 6, protein making up the rest.
- While in TukiSenta, Papua New Guinea, the complete opposite: 2.4% fat, 94.6% Carbs, but again, only 0.6% omega 6!
- Finally, in the Tokelau Islands: 53% fat (48% of that being saturated fat from coconut), and only 2% omega 6.



Maasai Tribe



Tokelau Islands



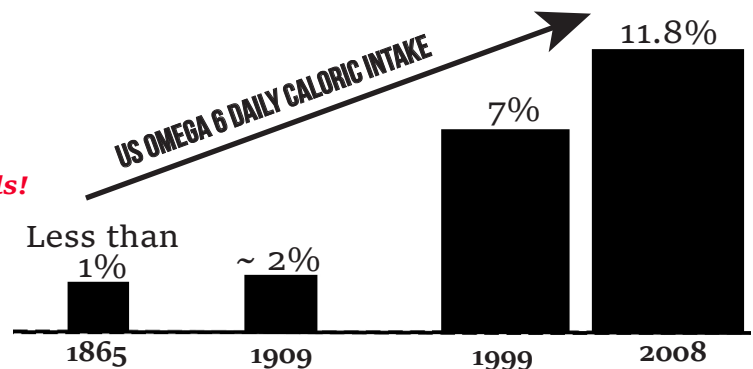
TukiSenta, Papua New Guinea



Secluded populations around the world eat vastly different diets, some high in fat, some in carbs or protein, yet they share two things in common:

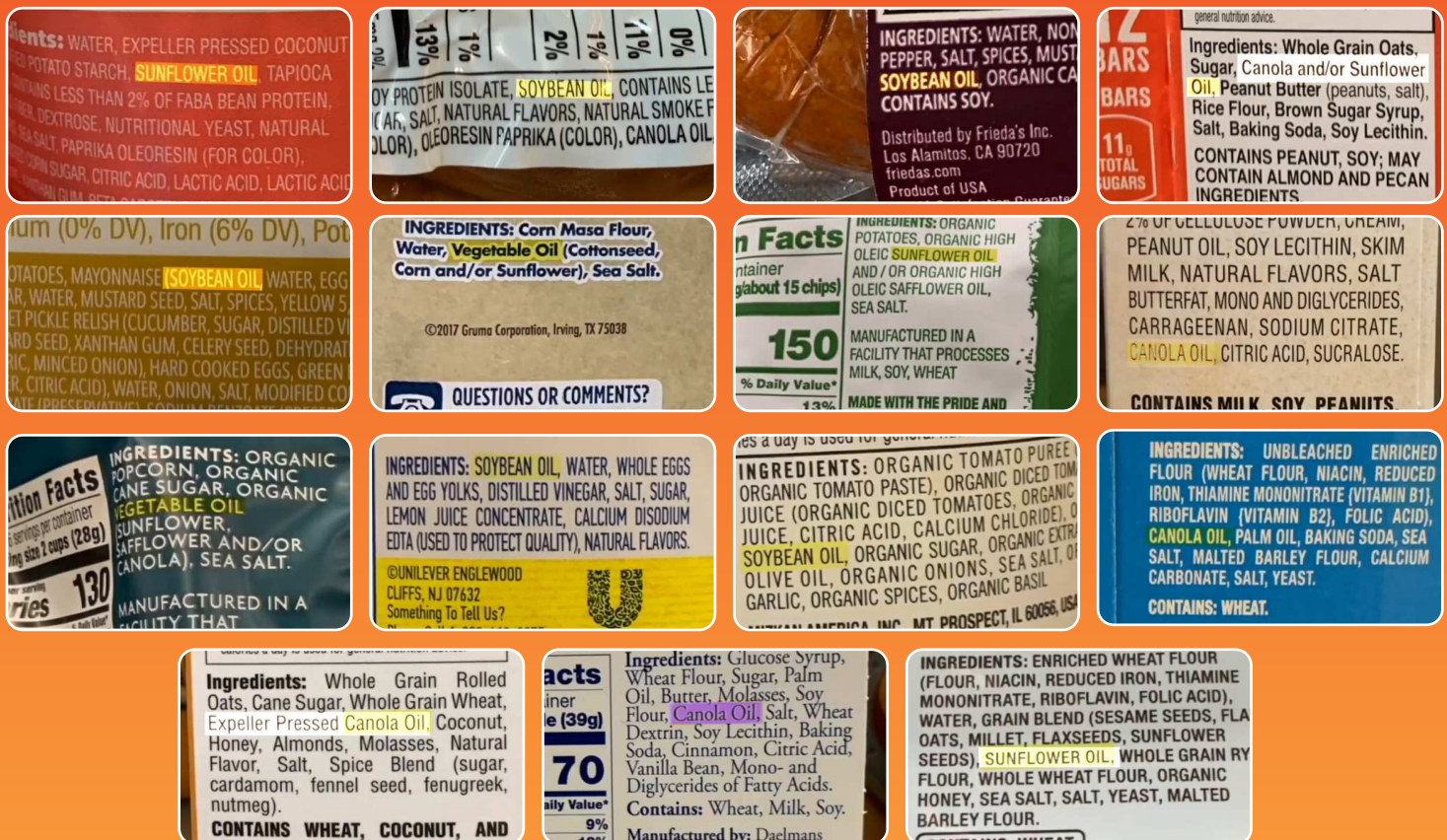
- ⊗ **No refined sugar**
- ⊗ **No refined wheat**
- ⊗ **No processed foods**
- ⊗ **But most of all, no high omega 6 vegetable oils!**

Which along with trans fats are estimated to contribute about 80% to modern obesity and chronic disease, compared to about 15% for sugar and 5% for refined wheat.

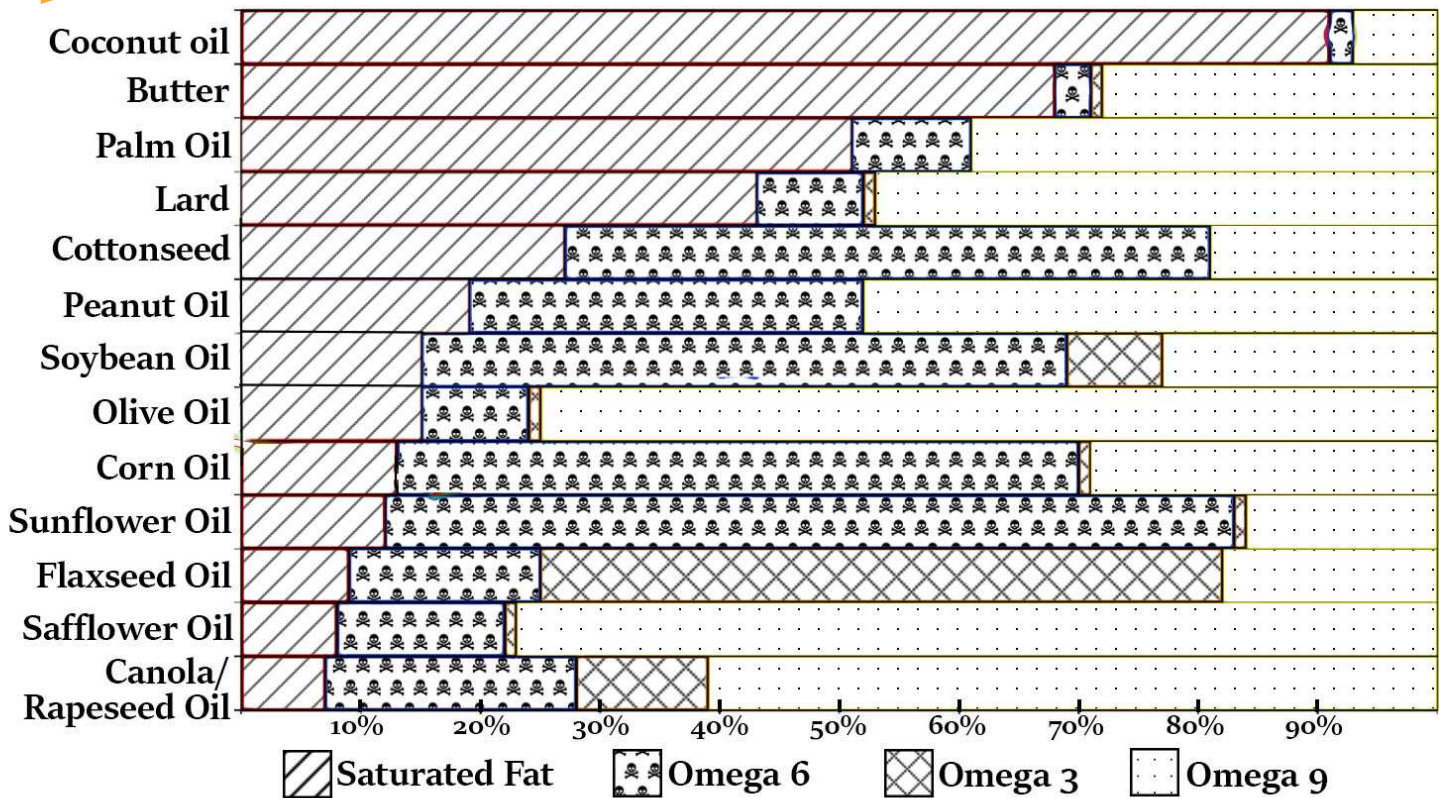


Did you take a guess at the typical modern American omega 6 daily caloric intake?
A whopping 12% and rising! Compared to 0.6-2% in the prior examples.

Learn to quickly spot the no go vegetable oil:



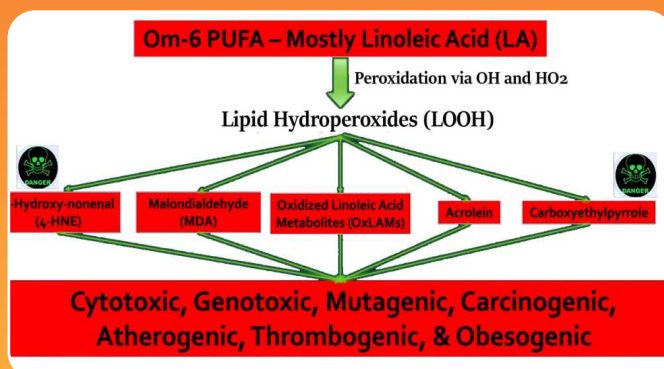
Let take a look at the omega 6 levels in various vegetable oils:



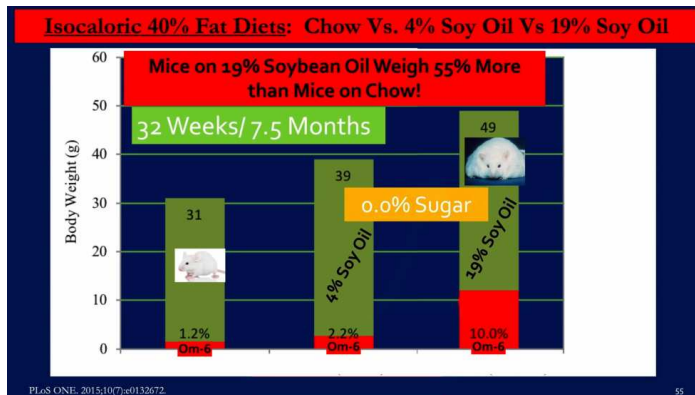
And when eating out, request, or demand, that your food be cooked in a real butter, coconut oil, avocado oil, palm oil, olive oil, beef tallow or lard.



The chemistry of what happens with high omega 6 in the body is complicated, but here is one nasty process, called the peroxidation cascade, in which omega 6, i.e. linoleic acid molecules, sustain a terrible chain reaction.



In one study, three groups of mice were fed the same amount of calories, but different amounts of omega 6:



19% Soybean Oil Diet (10% Omega 6) - Comparable to Americans

In 32 Weeks (~ 7.5 Months), Induced:

- ☐ Obesity
 - ☐ Visceral Obesity
 - ☐ Insulin Resistance
 - ☐ Glucose Intolerance
 - ☐ Diabetes
 - ☐ Non-alcoholic fatty liver disease with balloon injury
 - ☐ 31 Cancer genes dysregulated
 - ☐ 19% Soybean oil diet worse than 19% soybean oil +25% fructose
- PLoS ONE: 2015;10(7):e0132672. doi: 10.1371/journal.pone.0132672.



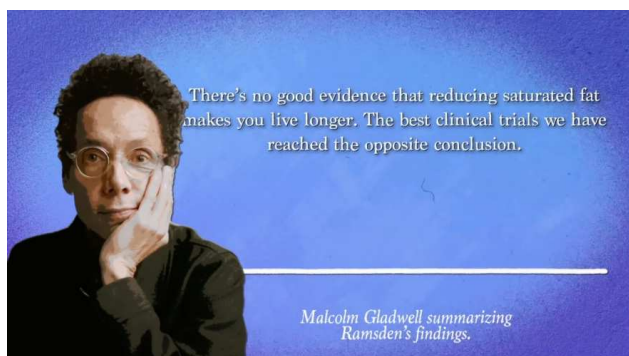
In 1948 the American Heart Association was a tiny organization but got its big break when Proctor and Gamble, one of the pioneers in the dirt cheap and profitable high omega 6 vegetable oils, awarded the AHA \$1.7 million dollars through a radio contest of all things.

*For more information regarding oft quoted studies by those "in favor" of not worrying about high omega 6, see the Youtube video titled: **The \$100 Billion Dollar Ingredient Making Your Food Toxic**. But needless to say, there have been serious scientific shenanigans going on four more than a half century to keep this massive careless industry flush.*

So why isn't high omega 6 vegetable oils a bigger topic in society? Our medical woes sure are. Perhaps one aspect is how hidden these cheap harmful substitutes are for real healthful fats and oils. Just like with the saw dust in the rice crispy treats, could you really tell the difference? We can with sugar: We all love it, we all know too much is probably not the greatest for us, and we all know when it's removed or substituted. But vegetable oils? Not so much.

Another Youtube video highly utilized in this presentation is titled:

Dr. Chris Knobbe - Diseases of Civilization Are Seed Oil Excesses the Unifying Mechanism



If our body is the temple of the most holy God, should we bring profane things into it? You don't have to go overboard--just avoid bringing in true poison. 1 Corinthians 6:19-20
 19 Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; 20 you were bought at a price. Therefore honor God with your bodies.